

The Sacramento



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Published Alternate Wednesdays for the Women and Men of the Gay and Lesbian Community

November 2, 1983

Blood Bank Seeks Comment On AIDS Policy Revisions

By JAMES K. GRAHAM

Greg Gorges, President of the Board of Directors of the Sacramento Chapter of the AIDS/KS Foundation, and James K. Graham, Editor of The Sacramento Star, met on October 21 with Dr. Paul Holland, the new Medical Director of the Sacramento Medical Foundation Blood Center, and other members of the Blood Center staff.

The purpose of the meeting was to discuss relations between the gay community and the Blood Center, which have been somewhat strained since the former Medical Director, Dr. Vincent Caggiano, issued AIDS guidelines last spring that placed all homosexual men on indefinite deferral from donating blood.

These guidelines, presented in the form of a letter distributed at the Blood Center to all prospective donors, aroused a good deal of comment, mostly negative, in the gay community.

Criticism of the guidelines centered around several major points: that they were more stringent than suggested national guidelines, that they were more conservative than the guidelines of other blood banks from which the local Blood Center might get blood for local use, that they failed to take into account the homosexual activities of non-gay men, that they failed to take into account the existence of a low-AIDS-risk group of monandrous gay men, and that they contributed

Dr. Leonor Fernando, Senior Staff Physician at the Blood Center, stated that gay people should not feel that the Blood Center staff will single them out for criticism or special treatment because of their sexual orientation. She conceded, however, that the AIDS letter currently used might lead some gay men to think that they would be victims of such treatment.

The discussion produced several recommendations. Gorges and Graham told the Blood Center staff that they would present the recommendations to their constituencies in the gay community and bring back comments and suggestions to the Blood Center Staff. Such comments and suggestions may be sent to Graham in care of The Sacramento Star, P.O. Box 160300, Suite 156, Sacramento 95816. Or leave telephone messages at 443-STAR.

The recommendations are as follows:

- The Blood Center will request copies of their screening policies from the other Blood Centers in California for review and consideration in relation to the local policy.
- The Blood Center will revise the AIDS guidelines as part of a new sheet of information for all prospective donors. In the new information sheet, AIDS will be presented as one of the several medical and health conditions that are automatically cause for indefinite deferral from donating blood. This new procedure should place AIDS and gay men in perspective in the Blood Center's donor policy, instead of highlighting them as a special case.
- It had been proposed that a permanent Gay Advisory Committee to the Blood Center be established. The group decided that a more useful and practical course of action would be to maintain communication with the gay community through the newspapers and organizations, and to assemble an advisory committee of concerned and interested gay people from time to time on an as-needed basis.

The meeting concluded on a note of optimism and cooperation, with the arrival of Dr. Holland as the Blood Center's new Medical Director seeming to augur well for increased efforts on the part of the Blood Center to work with the gay community.★



STAR Photo by Gene Hoisington

Gay Demos Fete Candidates

Frontrunning candidate for Mayor Anne Rudin addressed the dinner presented Oct. 24 by River City Democratic Club to benefit the candidates the club endorsed in the Nov. 8 city election. The dinner at the K Street, attended by 53 people paying \$25 each, raised more than \$1200 for the campaigns of Rudin and City Council candidates Grantland Johnson, Tim Howe, and Eva Garcia. RCDC President Ronn Farland acted as Master of Ceremonies. Also attending were Supervisor Illa Collin and City Councilor Lynn Robie.

March To Honor Milk, Moscone On 5th Anniversary Of Deaths

Planning has begun for a massive Candlelight March in San Francisco on the fifth anniversary of the assassinations of San Francisco Mayor George Moscone and Supervisor Harvey Milk, who were gunned down in their City Hall offices by former Supervisor Dan White on November 27, 1978.

Following a lengthy trial, White was convicted of involuntary manslaughter under the "diminished capacity" defense on May 21, 1979. The verdict sparked a violent demonstration by members of San Francisco's gay community that escalated into a major riot.

This year's observance of November 27 is particularly significant because of the expected release of Dan White from Soledad Prison on January 6, 1984, five years and forty days after the deaths in City Hall.

The Candlelight March is scheduled to begin at 7 p.m. at Castro and Market Streets on Sunday, November 27, 1983. The march

will be followed by a rally on the steps of San Francisco City Hall featuring nationally prominent speakers. Other events, including an inter-faith ecumenical memorial service at San Francisco's Grace Cathedral, have also been planned for the week prior to the march.

The Candlelight March is sponsored by the Harvey Milk Archives.

The United States Justice Department is empowered under the civil rights act to indict Dan White for violating the civil rights of Mayor Moscone and Supervisor Milk. If White were to be indicted and convicted under the federal law he could face two life terms in prison.

California Governor George Deukmejian has joined leaders of the gay and lesbian communities in calling on the Reagan Administration to indict Dan White. As yet the Justice Department has refused to comment on the case.★

Court Says Boy Scouts Can't Discriminate Against Gay Eagle

By PHILIP J. HOSKINS

In a far-reaching decision, the California Appellate Court has held that the Boy Scouts cannot discriminate against a gay Eagle Scout member.

Timothy Curran had sued the Boy Scouts because they had denied him status as a "Scouter," an honor commonly accorded those who have achieved the Eagle Scout status.

He claimed that they had denied him this honor solely because he was gay. The court upheld his right to reinstatement by declar-

ing that all non-profit organizations fell within the Unruh Civil Rights Act and because of that could not discriminate against gays.

The court further held that the fact of homosexuality was not a proper basis for discrimination by any business or other organization. This decision joins others by the California courts which prohibit discrimination against gay teachers, employees and business patrons.

In the words of the court, "One important aspect of the struggle for equal rights is to

induce homosexual individuals to 'come out of the closet' and acknowledge their sexual preferences, and to associate with others in working for equal rights."

The court pointed out that the Unruh Civil Rights Act prohibits discrimination against gays even where the organization has a philosophy, principles, or nature that is inconsistent with homosexuality. While the technical effect of this decision applies only to the Los Angeles area, it will be persuasive in affording the same protections throughout the state.★

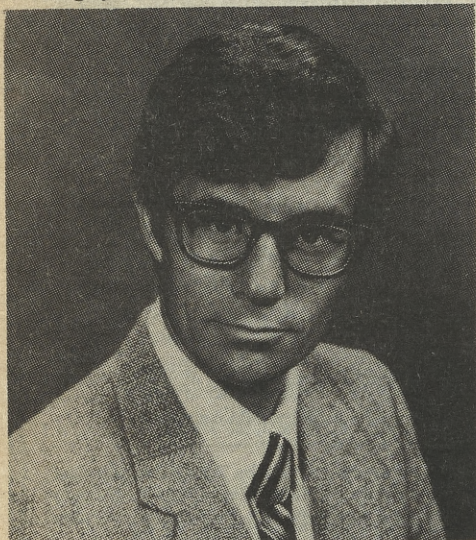


Photo Courtesy Sacramento Blood Center
Paul Holland, M.D.

to negative public perceptions of gay men as promiscuous, irresponsible disease carriers.

Gorges and Graham reiterated these criticisms to Dr. Holland, who joined the Blood Center in October after retiring from 20 years with the Public Health Service. Most recently, Holland was director of the PHS Blood Bank at its headquarters in Maryland.

Holland assured the two gay men that the Blood Center was concerned with the criticisms from the gay community and opened the meeting for discussion of possible ways to deal with them.

OPINION

Vote Nov. 8—The Star Endorses

For Mayor, Council, School Boards

On Tuesday, Nov. 8, voters in the City of Sacramento will elect a new mayor and decide the outcome of races for three City Council seats. Also at stake are several school, community college, and special district seats.

MAYOR: ANNE RUDIN

Anne Rudin, a 12-year City Council member, has been a friend of the gay community for many years. She has supported equal employment rights and appointment of gays and lesbians to city commissions and boards.

DISTRICT 2: GRANTLAND JOHNSON

Regional Transit board member Grantland Johnson would be a welcome replacement for incumbent Blaine Fisher. Johnson is knowledgeable about his district and believes in basic human rights for all people. Fisher, on the other hand, may be remembered for shooting at two black neighborhood children.

DISTRICT 4: TIM HOWE

Tim Howe has actively solicited the gay vote. The former chief of staff for U.S. Rep. Vic Fazio has an understanding of budgetary matters and knows the relationship of the city

budget to those of the state and federal governments.

DISTRICT 6: EVA GARCIA

Appointed incumbent Eva Garcia is facing a rough election challenge from Republican Bill Smallman. While Garcia does not compare to her predecessor Lloyd Connelly, she is educable. Smallman is not seen as being as easily accessible by the gay community.

LOS RIOS AREA 4: GRACE K. OHLSON

Grace Ohlson has served on the Los Rios Community College Board almost since the district's inception. Her support of students and opposition to tuition is commendable. She is known and respected in the Capitol for her active involvement in state policy-making that relates to community colleges.

LOS RIOS AREA 5: ALBERT S. RODDA

Former state Sen. Albert Rodda has impressive credentials in the field of community college education. He chaired both the Senate Education and Senate Finance committees. He was an instructor at Sacramento City College and a professor at California State University, Sacramento. He supports rights of gays and lesbians.

SACRAMENTO CITY UNIFIED SCHOOL

BOARD: JOSEPH D. PASQUALINI, LOUISE A. PEREZ, BOB MOORE, IDA A. RUSSELL

Voters may mark their ballots for up to four candidates in the city school district race.

Joe Pasqualini is the former lobbyist for the Service Employees International Union. In this position he has played a role in state policy-making relating to schools. As representative of the majority of classified employees in the state's schools, Pasqualini has developed an understanding of educational issues.

Louise Perez was appointed to the board last year to replace Eva Garcia, who was appointed to the state Board of Education. Her background in employment training programs is an asset in these days when schools are facing reforms to make graduates eligible for employment.

Bob Moore is former Gov. Jerry Brown's educational liaison and advisor. Moore played a major role in state policy-making for education and would bring a new perspective to the board.

Ida Russell's nine-point plan for educational reform in the City Schools is impressive. Her backers include former Superintendent of Public Education Wilson Riles. ★

AS I SEE IT

Straight Anthropology

By RICK RUMAN

I've known Cindy for years. We went to college together. When I came out she was one of the first people I told. We don't see each other much any more but we talk on the phone a lot so we've stayed very close.

At one time, as we were both recovering from failed love affairs, she suggested we get married.

"You could see anyone you want," she told me. "I'm sure you'd be the perfect husband."

I haven't met a man who feels that way about me.

Cindy told me some time ago that she had met the man of her dreams ("The first man I've ever wanted to date the first time I saw him," she said) and wanted me to meet him. After three weeks of abortive attempts, we settled on dinner; my house; 8 o'clock; Friday.

I was looking forward to seeing Cindy, and I saw the whole thing as a kind of anthropological study of a foreign culture; myself as a contemporary Margaret Mead observing the mating rituals of the Heterosexuals. I would not pass judgement on their practices, I told myself; I would observe and learn. Well, observe anyway.

I told them 8 o'clock, thinking that I would have at least until 8:15 before they actually showed up. But promptly at 7:58 the door bell rang while I was in the middle of slicing two pounds of zucchini. The first note for my anthropological study: Straight people arrive on time.

I opened the door and there they were; both of them wearing next-to-new Levis 501s. Cindy rushed in and we embraced. I lifted her up off of the floor.

While Cindy was still clinging to my neck, I stuck out my hand and said, "You must be Tony."

But I wasn't sure. He was so, well, average looking. "I've heard a lot about you," I said.

He shook my hand and smiled. Cindy let go of my neck, and stood back and smiled. We all stood there grinning like idiots for a few minutes before I said, "Well, come in, come in."

They stood in the kitchen talking to me while I poured some wine and finished making dinner. "What did you do today?" I asked.

Cindy took a sip of her wine and said, "I looked at this cute little house—"

Tony interrupted, "That little stucco job again?"

"Whose story is this?" Cindy said. They grinned at each other.

My second anthropological note: Straight people grin at each other a lot.

I turned to Tony, "And you had to work?" I asked. "Cindy told me you work at the Post Office."

"Right," Tony said.

Cindy picked a spaghetti noodle out of the pot and threw it against the wall behind the stove. It stuck. "It's done," she said. We all laughed.

After dinner we were quiet; nearly talked out. Cindy picked up a ball of lint off Tony's sweater, held it up to the light to examine it.

"Calling attention to my cheap sweater?" Tony said as he reached over and put his arm across Cindy's shoulders. "I won't wear it again."

They looked at each other and smiled. Then Cindy looked at me, "I'm going to get it," she said.

Tony gave her a gentle shake, then got up and started clearing the table. "You don't have to do that," I said.

Tony put his hand on my shoulder as he walked by on his way to the sink. "It's all right," he said. "Visit with Cindy."

I heard him making room in the refrigerator for the leftover spaghetti. "I know," Cindy said for Tony to hear. "Rick has more food in his refrigerator than I do."

"You don't put avocados in the refrigerator," Tony said as he shuffled food from one shelf to another.

I looked back at him and said, "I put them *on top* of the refrigerator until they get ripe, then I put them *in* the refrigerator until I eat them."

Tony started rinsing plates. "You don't have to do that," I said. He didn't hear—or maybe he ignored me.

Cindy leaned forward and whispered in conspiratorial tones, "He's trying to impress you." Then, louder, to Tony. "You never do that at home."

Tony finished with the dishes and came back to the table. I got up to make some coffee. When I turned around Cindy and Tony had their heads together, talking softly and laughing. Cindy looked up and smiled at me. "Dinner was great," she said.

Tony looked at me and smiled, "Next time we'll have to do it at Cindy's," he said.

I think it was just about then that I gave up my anthropological research.★

'11th Hour Forum' On Nuclear Armistice Set For Veterans Day

Nuclear arms control education and action-oriented workshops are the focus of a Veteran's Day forum for nuclear armistice sponsored by local women's, labor, minority and religious organizations.

"The Eleventh Hour Forum: The Day To Come Together For A Nuclear Armistice" will be held from 9 a.m. to 5 p.m. Friday, Nov. 11 at Westminster Presbyterian Church, 1300 N Street.

A coalition of over three dozen local affiliates of national membership organizations such as the YWCA, the National Education Association (NEA), National Women's Political Caucus (NWPC), Physicians for Social Responsibility (PSR), and the NAACP, sponsored, planned and organized the forum.

Congressman Robert Matsui is the noon-time keynote speaker.

Educational workshops will cover military spending and the economy; compare the

military strengths of the Soviets and Americans; and study the ethical questions surrounding the nuclear arms issues.

Action workshops will focus on political action; explore a conversion economy; and analyze the psychological impact of the nuclear arms race, particularly its impact on children.

The Eleventh Hour Forum is being held in conjunction with the Citizens Against Nuclear War (CAN) field program in six U.S. communities. CAN is a coalition of 52 national membership organizations which share a concern for the prevention of nuclear war.

Pre-registration for the Eleventh Hour Forum, due November 5, 1983, is advised; registration forms are available at various Sacramento locations, including the YWCA at 1122 - 17th Street. Day-of-conference registration begins at 9 a.m.

For more information call 447-0129.★

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Florida Denies Wrong In Flying Man With AIDS To SF To Die

A Florida state health official said a University of Florida teaching hospital apparently "acted in good faith" when it transferred a man with AIDS victim to San Francisco for outpatient care, although he died two weeks later, The Associated Press reported.

San Francisco Mayor Dianne Feinstein accused Shands Hospital in Gainesville, Fla. of treating Morgan McDonald, 27, as "a medical outcast" by "dumping" him on San Francisco General Hospital on Oct. 4. McDonald died Oct. 20 of heart failure.

Speaking for officials at Shands, the University of Florida's teaching hospital, hospital spokeswoman Michelle Davis said they believed McDonald was healthy enough to travel and would be treated at San Francisco General as an outpatient.

McDonald was sent to San Francisco General because it has a special care unit for people with AIDS, the first in the nation, and "it was felt that was where he could get the best facilities for outpatient system support," Davis said.

Shands officials violated no Florida "law or regulation" when they chartered an air ambulance to fly McDonald to San Francisco after treating him for more than two months, Danny Pietrodangelo, a spokesman for the Florida Department of Health and Rehabilitative Services, quoted HRS Secretary David Pingree as saying.

He said Pingree told Feinstein on Oct. 19 that Shands officials apparently "acted in good faith."

On Oct. 21, Davis read a prepared statement by the hospital that said, "Employees of Shands Hospital who knew Morgan McDonald were deeply saddened

by his death.

"Morgan's untimely death, like the deaths of so many other AIDS victims, underscores the tragic nature of this disease and should serve as a reminder for each of us how important it is that we support efforts to find cures and ways to manage AIDS," she said.

The hospital wished to make no other comment, Davis said. She added that there have been inaccurate reports of a "full-scale investigation" ordered by Gov. Bob Graham at Mayor Feinstein's request.

A press aide to Graham said Oct. 21 that the governor had asked Shands to report by Oct. 31 on the circumstances surrounding the transfer.★

All-Theatre Show To Aid Chautauqua Fire Fund November 13

An "all-theatre" benefit revue for the Chautauqua Playhouse Fire Fund will be hosted by the Eleanor McClatchy Performing Arts Center, 1419 H Street, on Sunday, Nov. 13, at 8 p.m.

A minimum donation of \$5 per person is requested. Tickets will be available at the EMPAC Box Office beginning Thursday, Nov. 3, and may be reserved by calling 44-EMPAC. All proceeds from a no-host bar will also be contributed to the Chautauqua Fire Fund.

The program will include Gil Rizzo singing "Mama, A Rainbow" from the current Chautauqua Playhouse production of "Minnie's Boys," scenes from the one-woman show "Misalliances" by Miriam Gray, excerpts from "A Tribute to Billie Holiday" by singer Clarice Jones, and a special "Rodger Roast," a roast of Chautauqua producer Rodger Hoopman by Miriam Gray and Gary McFayden.

Tentatively scheduled are scenes from current productions and musical numbers by Garbeau's Dinner Theatre, RSVP Improvisational Comedy, Capitol Community Theatre, Sacramento City Actor's Theatre, Old Eagle Theatre, Sierra 2, Center Stage Productions, CSUS, and the Davis Comic Opera Company.

Sharing the duties of master of ceremonies will be EMPAC Artistic Director Dennis Bigelow and actor Dennis Curry. Celeste Benhke will accompany the musical presentations.

The Sacramento Star encourages its readers to patronize this benefit for the Chautauqua Playhouse, whose theatre was destroyed a few weeks ago by fire. The Chautauqua has consistently presented plays of special interest to the gay and lesbian community, as well as fine dramatic productions of more general interest.★

'Ms.' Editor Will Speak On Non-Sexist Child-Rearing, Shared Parenthood

Letty Cottin Pogrebin, senior editor at Ms. magazine, will speak at 10:30 a.m. on Saturday, November 12, in the Redwood Room at California State University, Sacramento. Her topic will be 'Non-Sexist Childrearing and Shared Parenthood.'

This lecture is the third in the Focus 6 series, sponsored by the Sacramento area chapter of the National Organization

views, men tell her that the one best bit of advice in her latest book is this: "Don't be the man you think you should be; be the father you wish you'd had."

She talks candidly about a society that worships the family, but rewards men more the more time they spend outside the family. One of her theories is that our society stresses "hypermasculine" attributes for young boys because of its fear of homosexuality.

Pogrebin is the author of four books. The most recent, "Family Politics: Love and Power on an Intimate Frontier," has just hit the bookshelves. She has also edited "Stories for Free Children," a collection of non-sexist children's stories, and was a contributor to "Free to Be...You and Me," winning an Emmy for her work on the television adaptation. She wrote the "Working Woman" column for the Ladies Home Journal for ten years.

A Poynter Fellow in Journalism at Yale University in 1982, Pogrebin is listed in "Who's Who of American Women." She is also one of the founding mothers of the National Women's Political Caucus.

For more information about this or other Focus 6 lectures, call NOW at 443-3470.★



Photo by Nadine Markova

Letty Cottin Pogrebin

for Women. The price of admission is \$8 and tickets can be purchased at the door or by mail from NOW, Box 1404, Sacramento 95807.

Pogrebin says that in the dozens of cities she has toured in the last few years, doing lectures, talk shows, and inter-

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Workshop On Job, School Harassment

The Women's Resource Center at CSU, Sacramento will sponsor a workshop entitled "Sexual Harassment In Education and Employment" on Wednesday, November 16, at 1 p.m. in the Placer Room, third floor, University Union.

The workshop will be presented by Mary Lebrato, Ph.D., Manager of the Sexual Harassment in Employment (S.H.E.) Project from the Commission on the Status of Women.

Dr. Lebrato will define sexual harassment as well as discuss current laws, procedures, and strategies for dealing with existing policies and procedures to further protect students and employees from sexual harassment.

In addition, the film "Power Pinch" will be shown. Everyone is encouraged to attend.

For further information, call the Women's Resource Center at 454-7388.★

The River City Business Association
cordially invites the community
to

An Evening with Sacramento Sheriff
ROBBIE WATERS

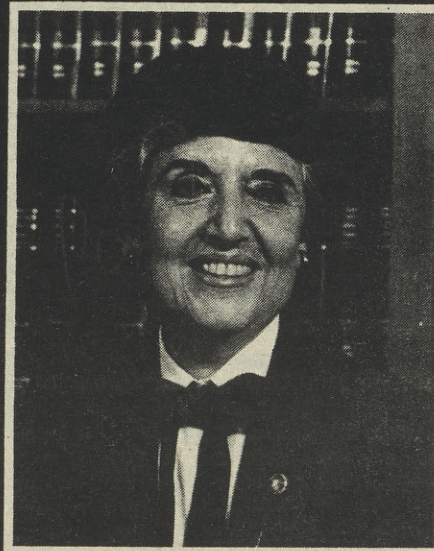
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 - Sierra Club
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ANNE RUDIN
FOR
MAYOR
VOTE NOVEMBER 8TH!!

FEATURE

The Fitness Commitment Continues

Choosing A Health Club: Survey Of Sacramento

By RICK RUMAN

If you've decided that you are going to pursue your training or conditioning program in a health club or gymnasium, you should spend plenty of time shopping around before you sign above the small print.

Here are a few things you may want to consider when you check out the facilities.

Keep your personal fitness goal in mind. Are there enough of the kinds of weights and/or machines that you will want to use?

Shop for price. This means enduring several sales pitches if you visit several gyms before you make your final decision. Don't be intimidated by sales people who tell you that you will have to sign up that day if you want to get what they call "the initial visit discount." I have been to very few clubs that aren't running some kind of promotional offer almost continually. Besides, would you really want to be a member of a gym that is less interested in toning up your body than in getting rid of that unsightly bulge in your pocketbook?

Check out the peak hours at the gym; generally this is between 4:30 p.m. and 7:30 p.m. At some gyms, going during this period could double the time it takes to complete your workout. If you plan to work out at a specific time each day, go to the gym at that time to see what it's like.

Try to find out what kind of clientele the gym has. Are they people you would like to spend time with or that you will feel comfortable around? Is there more or less socializing among the members than you want or need? At some gyms there are more people standing around chatting about what happened at work or school that day than there are

actually using the equipment. At others, conversation is pretty much limited to "Are you using that weight?"

I surveyed a few of the gyms around Sacramento to see what is available. This list is by no means complete, but it is a representative sampling. The facilities and hours of operation at each are discussed briefly—and I've added my subjective comments and observations as well.

Fitness Institute

2534 Fair Oaks Boulevard (at Monroe Street)
483-6011

Hours: M-F 5:30 a.m. to 11 p.m., Sat. and Sun. 9 a.m. to 6 p.m.

Facilities: weight machines and free weights, heated pool, whirlpool, steam room, sauna, inhalation room, tanning booth, aerobic exercise room, juice bar, nutritionist.

Parking: Generally ample.

Comments: The general condition of the facilities at Fitness Institute is fair. Some instructors are knowledgeable; others are not. Right now this gym has, in my opinion, two of the best aerobic instructors in town teaching classes at 5:30 p.m. on Monday through Thursday, and at 7 p.m. on Tuesday and Thursday.

Fitness Institute used to have a large contingent of gay members; now many have switched to International Fitness Center. It is still a pleasant place to work out, offering a nice balance between socializers and serious trainers.

International Fitness Center

1250 Howe Avenue (at Hurley)

920-5245

Hours: M-F 6 a.m. to 10 p.m.; Sat. 9 a.m. to 7

p.m.; closed Sunday

Facilities: weight machines (Nautilus and Paramount), one set of dumbbells, heated pool, whirlpool, sauna, Lifecycles (computerized stationary bicycles), tanning room, aerobic exercise room, indoor jogging track, juice bar, nutritionist.

Parking: Because this club is located in the heart of the Potato Skin Triangle, in a shopping center with two department stores, parking can be difficult—and near impossible on Friday nights after 5 p.m.

Comments: The general condition of the facilities is very good; everything is still nearly new since the club has only been open since April. In addition, International Fitness Center has employees to maintain the equipment and building while it's open.

Some instructors are knowledgeable; some are not. Lots of socializing here. During peak hours—4:30 to 7:30—it is very crowded, sometimes difficult just to walk around on the exercise floor.

Jack LaLanne European Health Spa

1895 Howe Avenue (near Alta Arden)

also at 4808 Madison and 2925 Florin

929-1680

Hours: Jack LaLanne's has the most complicated hours of any spa I visited. At the Howe Avenue facility, men have the use of the club on Tuesdays and Thursdays from 9 a.m. to 10 p.m., on Saturday from 9 a.m. to 6 p.m. and on Sunday from 2 p.m. until 6 p.m. Women have use of the club on Monday, Wednesday, and Friday from 9 a.m. to 9 p.m. and Sunday from 10 a.m. until 2 p.m.

The Howe Avenue Facility is co-ed on Monday, Wednesday, and Friday from 6 a.m.

until 9 a.m.; however, men have exclusive use of the lockers during this time.

The other two Jack LaLanne clubs have similar arrangements.

Parking: Generally ample

Facilities: weight machines and free weights, jacuzzi, pool, ice plunge, steam room, inhalation room, sauna, tanning booth, massage therapist, individual dressing booths and showers, juice bar, aerobic classes.

Comments: The most striking thing about the Jack LaLanne spa I visited was the decor: deep violet carpeting on the exercise floor, gold metallic vinyl coverings on the equipment, sculpture on the walls—ersatz Grecian motif throughout. The general condition of the facilities is quite good. This club was the only one of those I visited which still has "exercise machines" which do little more than vibrate or otherwise manipulate blubber without doing much more than stimulating circulation.

Gold's Gym

4303 Sunrise Boulevard (at Winding Way)

961-1111

Hours: M-F 24 hours, Sat. 8-6, Sun. 10-3

Parking: Generally ample

Facilities: Weight machines and free weights, aerobic exercise room, sauna, tanning room.

Comments: Knowledgeable staff who all look like they've been using the equipment. Currently offering special mid-day memberships to people who use the facility at off-peak hours: 10 a.m. to 3 p.m. and 10 p.m. to 3 a.m. during the week and all day on weekends. The general condition of the facility is very good. Aerobic classes are offered three times

a day during mornings

Sacramento 921 Eleve

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SAGA Tennis Tourney Nov. 12-13

SAGA Tennis is kicking off the autumn season with a Big Turkey Tournament. The courts at Trailhead Park have been reserved for this athletic event on November 12 and 13.

Beginners, novices, and SAGA supporters are encouraged to enter to enable SAGA Tennis to get a lift off the ground. Free SAGA Tennis Shirts will be given to all entrants. Spectators are welcome.

Events include men's and women's singles and doubles.

If there are enough entries, free beer and 50 cent hot dogs will be provided at the park grounds on Saturday, November 13, for all spectators and entrants.

Entry forms are available at the local bars or by calling 443-0568.

Awards will be given out to the winners, finalists and semi-finalists.★

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Sacramento's Gay and Lesbian

RIVER CITY DEMOCRATIC CLUB
OFFICIAL ENDORSEMENTS FOR
City General Election — November 8, 1983

TAKE THIS AD TO THE POLLS

For Mayor

ANNE RUDIN

For City Council, Second District

GRANTLAND JOHNSON

Fourth District

TIMOTHY HOWE

Sixth District

EVA GARCIA

For Los Rios Community College District Area 4

GRACE OHLSON

Area 5

ALBERT RODDA

For Sacramento Unified School District (Vote for all 3)

ROBERT MOORE
JOE PASQUALINA
LOUISE PEREZ

This ad paid for by the River City Democratic Club

Sacramento-Area Gyms

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a day during the week, and on Saturday mornings.

Sacramento Athletic Club
921 Eleventh Street (11th and J, basement of Elks Building)
448-5752

Hours: M-F 6 a.m. to 9 p.m.; Sat. 8 a.m. to 4 p.m.; closed Sunday

Parking: No free parking in the immediate vicinity.

Facilities: Weight machines and free weights, swimming pool, jacuzzi, three racquetball courts, basketball shooting hoop, tanning booth, aerobic exercise room.

Comments: The weight rooms here are small but clean and well maintained. Monthly as well as annual memberships are available—and even hourly rates for non-members. Aerobics-only and swimming-only memberships are available.

YMCA
2021 W Street (corner of 20th and W)
452-5451

Hours: M-Th 6 a.m. to 10 p.m., Fri. 6 a.m. to 8 p.m., Sat. 8:45 a.m. to 6 p.m., Sun. 2 p.m. to 6 p.m.

Parking: Generally ample

Facilities: Full size gymnasium with wooden floor, heated pool (largest of any clubs I visited), olympic barbell room, 10-station Paramount weight machine, outdoor running track and sun deck, sauna, lounge, multi-purpose room, mat room, child care. Various classes, including aerobics and Karate, are also offered.

Comments: The Y is currently undergoing remodeling; some phases are already complete; the entire project will be finished in two

years. Mornings from 6 a.m. to about 7:30 a.m. are generally busy with people who come in to swim. The general condition of the facilities is quite good.

Capitol City Health Club
2203 Del Paso Boulevard (near El Camino)
922-8374 or 971-8374

Hours: M-F 6 a.m. to 9 p.m., Sat. 9 to 4, Sun. 8 to 1.

Facilities: Lots of free weights and weight machines, juice bar, nutritionists.

Parking: Limited; no parking lot.

Comments: Weight training here is serious business for both men and women. All instructors are extremely knowledgeable about weight training and nutrition. Weight machines are grouped according to the muscle group they act on—legs, abdominals, arms, chest. There are three sets of dumbbells in each of the most frequently used weights.

Very little socializing goes on here. Some may find the size of the members intimidating. However, if you're serious, I recommend it.

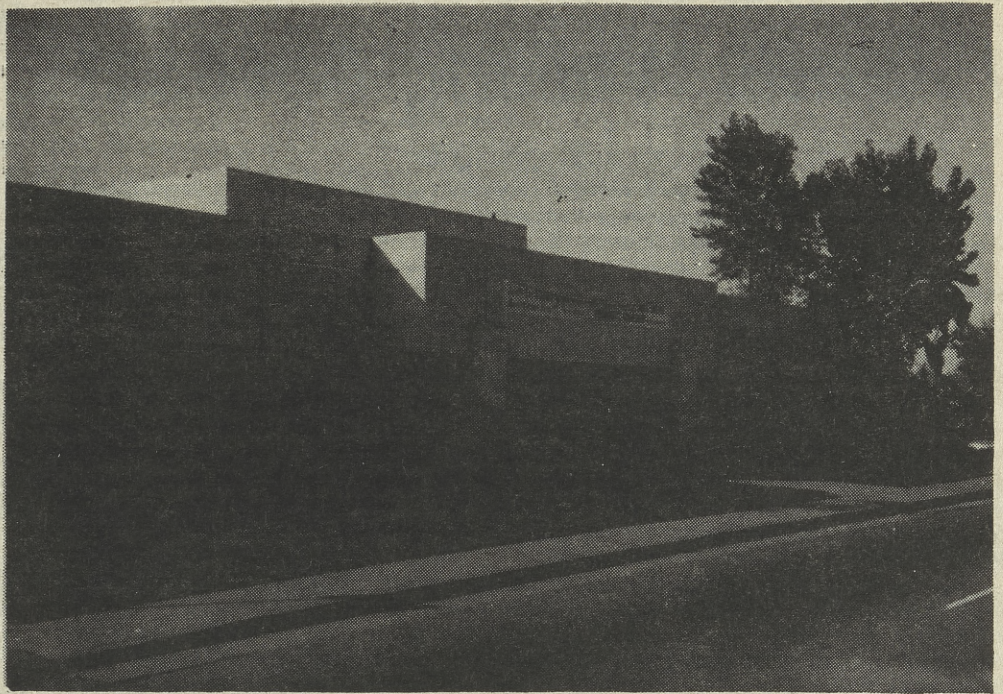
The club will be relocating, in February 1984, to 4211 Arden Way (at Eastern) and expanding its facilities.

Horizon Health and Sports Club
8121 Madison (east of Sunrise Boulevard)
967-2500

Hours: M-F 5:30 a.m. to 10 p.m., Sat. and Sun. 8 a.m. to 5 p.m.

Parking: Generally ample

Facilities: Nautilus room, olympic weight room, women-only room, aerobic exercise floor, pool and whirlpool, two racquetball courts, tanning beds and upright tanning



Jack LaLanne's European Health Spa

booths, lounge area with juice bar, large screen television and magazines, nutritionist, child care.

Comments: General condition of the facilities is spectacular. Luxury, as one might expect in this area, is the keyword. The entire club is decorated in tastefully muted earth tones. The women-only room has its own artificial shrubbery. Nautilus room has every Nautilus machine currently available. Two types of memberships are available. The Health membership does not include free use of the racquetball courts, while the Sports membership does.

Two excellent aerobic instructors (who formerly worked at Fitness Institute).

Body and Power Health Club
6451 Fair Oaks Blvd (just north of Marconi)
484-1442

Hours: M-F 5 a.m. to 10 p.m., Sat. 8 a.m. to 6 p.m., Sun. 10 a.m. to 4 p.m.

Parking: Generally ample

Facilities: Weight machines and free weights, three sets of dumbbells, tanning beds, sauna, whirlpool, lounge, juice bar.

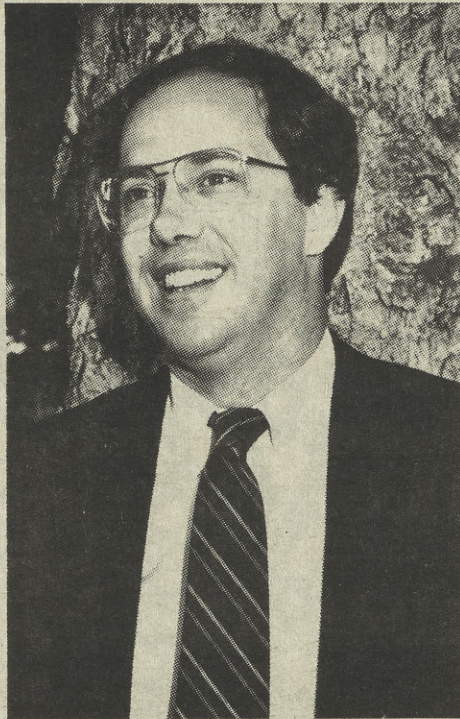
Comments: This is a relatively new club with a large (over 7,000 square feet) exercise floor and good selection of machines and free weights. Crowded, but not unbearable, during peak hours, 4:30 p.m. to 7:30 p.m. Staff is helpful. The owner, who appears to be a professional body builder, is often on premises.★

— Paid Political Advertisement —

TIM HOWE for CITY COUNCIL

ENDORSED BY:

RIVER CITY DEMOCRATIC CLUB
MOM ... GUESS WHAT!
NATIONAL ORGANIZATION FOR WOMEN
NATIONAL WOMEN'S POLITICAL CAUCUS
SUTTERTOWN NEWS
SACRAMENTO DEMOCRATIC CLUB



VOTE TUESDAY, NOVEMBER 8

'Curious Wine' Leaves Reader Thirsty For More Lesbian Eros

"Curious Wine" by Katherine Forrest.
Naiad Press, P.O. Box 10543, Tallahassee,
FL 32302. Paperbound, 176 pp. \$7.50.

Reviewed by CHERYL IMURA

Katherine Forrest writes with such feeling, passion and beautiful detail, that *Curious Wine* is a masterpiece of lesbian love.

Six women escape their various lives to share a week's vacation at a cabin on the shores of Lake Tahoe. Their week is filled with skiing, evening encounter sessions, and discovery. Two of the women, Dianna Holland and Lane Christianson, discover a love in one another that neither has ever before experienced.

Forrest successfully recreates the love story so many of us have struggled through...all the questions, fears and doubts combined with intense passion. Dianna and Lane share a beautiful, sensuous relationship and their discovery of woman's love is captivating.

At the same time they fight the fears born of our homophobic society. Is it real? Will it last? Does it mean the same to her as it does me?

Having spent such an intense week together, sharing so much in such a short

period of time, both women face the future with apprehension. Once they leave—Diana to return to her life in Los Angeles, Lane to San Francisco—what will happen to their relationship? Will this vacation become only a memory, a once-in-a-lifetime experience?

Lane offers a solution. They will spend one full month with no contact. If their love is real, they will work on their relationship; if it has been infatuation for either of them, they will let it go. Forrest is adept at leading her readers into experiencing emotions of her characters. I really felt the stress of not knowing what was going to happen.

My only complaint with *Curious Wine* is that it wasn't long enough. I didn't want it to move as rapidly as it did, nor was I ready for it to end. If Katherine Forrest writes another novel, I would like to see her develop each character and elaborate every aspect of the story a bit more. She obviously has what it takes to be a leading lesbian novelist.

I highly recommend *Curious Wine*. It is a beautiful, erotic novel—definitely worth reading. And I know I wouldn't miss Katherine V. Forrest's appearance and book-signing at Lioness Book Store November 18. See you there.★



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441-3931

ITEMS

Friends Walking Abreast

By RICK VAN DYKE

When the River City Democratic Club recently voted on endorsing a candidate for the 6th City Council District, someone cast a ballot for Eva Peron. I think they meant Eva Garcia, who won the endorsement. Oh well, don't cry for me, River City.

Sheriff Robbie Waters, elected last year with gay support in a bitter battle against Duane Lowe, will be the guest of honor and speaker at a special dinner meeting of the River City Business Association at the K Street on Monday, Nov. 14. A no-host social hour starts at 6:30 p.m. and dinner will begin at 7:30. The cost is a modest \$8, and proceeds will go to the River City Community Fund. Make your reservations in advance by sending your check to RCBA at P.O. Box 160696, Sacramento 95816.

Assemblyman Lloyd Connelly will be the guest speaker at the monthly meeting of the Sacramento chapter of the National Women's Political Caucus on Monday, Nov. 14, at 7 p.m. in the Women's Building, 2224 J Street. Also on the agenda is the annual election of officers. Members and non-members are encouraged to attend. For more information, call Carolynne Born at 447-0129 or Val Anderson at 456-8866.

The Lesbian Rights Task Force of the Sacramento Chapter of the National Organization for Women will meet Wednesday, Nov. 9, at 7 p.m. And on Sunday, Nov. 20, in conjunction with the Women's Caucus of the River City Democratic Club, they're sponsoring a Feminist Brunch from 11 a.m. till 2 p.m. They provide the eggs and coffee; you're invited to bring fruit, pastries, cheese, bread, or beverages to share. Call Marcie at 921-2835 for more info.

John Vernon, the gay man who was the Libertarian Party candidate for Lt. Governor in 1982, will be the guest speaker at the Supper Club meeting of the Sacramento Libertarian Party on Thursday, Nov. 10, at the Big Yellow House, 1788 Tribute Rd. No-host cocktail hour is 6-7 p.m., dinner is 7-8 p.m., and Vernon will speak at 8 p.m. The price is \$10 at the door.

Lioness Books, 2224 J Street, will host a reading and autograph party for novelist Katharine V. Forrest on Friday, Nov. 18, at 8 p.m. Forrest is the author of "Curious Wine," an erotic lesbian novel recently published by Naiad Press and reviewed by Cheryl Imura in this issue of The Star.

November is going to be busy at the Eleanor McClatchy Performing Arts Center (EMPAC), 1419 H Street. The Theatre for Young Audiences series begins with "Heidi," opening Saturday, Nov. 5 and playing Saturdays through Nov. 26 at 11 a.m. and 2 p.m. Tickets are \$3 and may be reserved by calling 44-EMPAC. The Center will also offer a six-week session of drama classes beginning Nov. 10, including Introduction to Acting for adults, Audition Workshop for adults, Creative Dramatics for children, Beginning Acting for young people, and Acting Workshop for high school students. EMPAC's Miriam Gray and Lyn Zarick of the Runaway Story Company will teach. For information, call 446-7501. Tuesday through Saturday at 8 p.m. and Sundays at 2 p.m. from Nov. 8 through 27, EMPAC presents the Dell'Arte Players Company in "Malpractice, or Love's the Best Doctor," a spoof of the medical industry adapted from the classic comedies of Moliere. Tickets are \$6.50 except Friday and Saturday, when they're \$7.50. Call 44-EMPAC for reservations.

Bette Midler made a visit to Sacramento two weeks ago to plug her new book and sign autographs. Reports say that when she finished her engagement at Tower Books on Watt Ave., the Divine Miss M stopped in at Scandals Lounge for a drink.

According to the Sacramento Metropolitan Arts Commission, the Board of Supervisors allocated \$175,000 for distribution to non-profit organizations for arts projects that meet high standards of quality, provide a needed community service, and promote cross-cultural exchange. Applications are available at many branch libraries and at the Arts Commission office, 1221 J Street. A workshop for organizations interested in applying will be held Nov. 3 at 5:30 p.m. in the Fiddletown Room of Coloma Community Center, 4623 T Street. For more information, call Geri McBeth at 449-5558.

The award for Most Original costume at the Dignity Hallowe'en party went to the female couple who came as "Two Friends Walking Abreast." But their costume made it clear that the phrase should be "walking a breast." It was a great party, with entertainment by the Treble Makers, a women's barbershop quartet, and music for dancing provided by Joe Shields. Special thanks to Alberta Lane, who made it all happen, tireless worker Ron Drum, and catering coordinator Jason Lindo.

We're happy to announce the latest addition to the list of Sacramento Star distribution points: The Aquarian Effort, 1304 O Street. They offer crisis counselling, a free medical clinic, and other services.

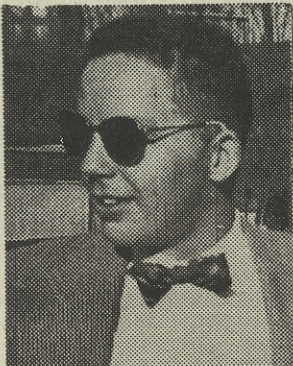
The Gay Youth Community Switchboard in the Bay Area is celebrating its fifth anniversary. The switchboard provides information and referrals dealing with lesbian/gay youth and is staffed by capable volunteer peer counsellors. They need donations to keep going: send checks to GYCC, c/o Box 846, San Francisco 94101. The Switchboard number is (415) 552-6025.

Sunday, Nov. 13, will be Friends of the River Day at The Building, 1021 R Street, from 11 a.m. till 5 p.m. Alpine West will donate its first \$3,000 in proceeds to the non-profit, educational Friends of the River Foundation. The Building's other unique shops will donate 10 percent of their proceeds to help protect rivers and streams and promote water conservation. Free music will be provided by Hawks & Eagles, along with free refreshments by the merchants.

"Still Life," an award-winning play by Emily Mann about a Viet Nam veteran, will be performed by the Eureka Theatre of San Francisco at the American Victorian Museum in Nevada City on Veterans' Day weekend, Nov. 11-12. Tickets will be \$6.50 at the door. For more information and performance times, call 265-9320.

Remember that if you're solicited to make a contribution through your employer to the United Way, you can request a donor option card and name a "designated charity" to receive your money. A number of gay organizations are qualified to receive such donations. The AIDS/KS Foundation recently announced that they are eligible, and other local groups may be too. If you want a gay charity to receive your United Way donation, give them a call and see if they qualify.

This month at La Semilla Cultural Center, 312 20th Street: a benefit art auction featuring the works of more than 30 local artists on Friday, Nov. 4, beginning at 7 p.m. with a \$2 wine and cheese reception. Irish musician Danny McGinley performs Saturday, Nov. 12, at 8 p.m. Admission is \$3. Manny Gale, professor of Social Work at CSUS, will present a slide show and discussion, "Cuba Today—Meeting the Peoples' Needs?" on Monday, Nov. 14, at 7:30 p.m. Admission is \$1.50. The Weatherlow Weave Poets will present an evening of poetry dedicated to the peace movement and the struggle to improve human welfare here and abroad. Entitled "Nukes, Dukes, and Turkeys," the reading will cost \$2 and proceeds will benefit La Semilla. *



Rick Van Dyke

Psychologist Suggests Therapy May Help Stop Development In Early AIDS Cases

A report given at the recent meeting of the American Psychological Association in Anaheim says psychotherapy for men who have early symptoms of AIDS may delay or prevent development of the disease, said an Associated Press report.

Gay men in early stages of acquired immune deficiency syndrome showed fewer symptoms after undergoing psychotherapy during a study, according to researcher Jeffrey Mandel.

Researchers said the findings presented by Mandel, who is coordinator of the biopsychosocial AIDS project at the University of California-San Francisco, suggest that psychological characteristics may alter the immune system and affect the risk of contracting AIDS.

Mandel did his study with psychologist Jeffrey Leiphart of the Buena Vista Medical Group in San Francisco.

They studied 26 men who showed early AIDS symptoms but not the cancer or secondary infections that accompany the disease in later stages. The men had psychological characteristics similar to those of people with severe AIDS cases, tending to express fear and deny anger, Mandel said.

Psychotherapists encouraged the men to acknowledge and express their feelings, and symptoms declined, they said.

"Our work confirms the importance of psychological characteristics in the understanding of AIDS," Mandel said. "While awaiting the advance of medical understanding and treatment, psychological interventions can positively affect

not only the quality, but the quantity of life following a diagnosis."

Other researchers have shown that ability to handle stress can affect the body's disease-fighting system.

The researchers did not use a control group for comparison, and more studies are planned to develop psychological profiles of 1,000 gay men compared with 200 non-gay men. *

RCDC Endorses For City, School Races

At its meeting October 21, the River City Democratic Club, Sacramento's only Democratic club for gays and lesbians, voted to endorse the following candidates:

- Incumbent City Council member Eva Garcia in the sixth City Council district.
- For the Los Rios Community College District:
Area 4—Grace Ohlson
Area 5—Albert Rodda
- For the Sacramento City Unified School District:
Robert Moore
Joe Pasqualini
Louise Perez

The Club made no endorsement in the San Juan School District.

The River City Democratic Club has previously endorsed and is actively working in the campaigns of Anne Rudin for Mayor, Grantland Johnson for second City Council district, and Timothy Howe, fourth City Council district. *

Sacramento Women's Rugby Club
1983-84 Schedule

All home games are marked with an asterisk (*) and will be played at Miller Park, Broadway and Front Streets, Sacramento. Times are to be announced.

November 5	vs.	Sonoma
November 12	vs.	Santa Clara
November 19		Santa Cruz Rook Tournery
December 3	vs.	Stanford 10's
December 10	vs.	San Francisco
January 7 or 14		Mid-Winter Classic
January 21	vs.	Davis
January 28	vs.	Stanford
February 4*	vs.	San Francisco
February 11	vs.	Santa Cruz
February 18*	vs.	Santa Clara
March 3	vs.	Berkeley
March 10*	vs.	Sonoma
March 17*	vs.	San Jose
April 7		Nor-Cal Championships
April 14		Santa Barbara Tournament
April 28		Pacific Coast Territorials
May 26		U.S.A. Nationals

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Pizza by the slice (or whole)
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CALENDAR

Wednesday, November 2

- * The STAR is published.
- * Clogging for beginners, presented by Ron Brewer and Sutter's Stompers. Call Joe, 441-1959, or Rich, 448-2036, for information. Volcano Room, Coloma Community Center, 4623 T Street. 7-8:30 p.m.
- * Rap group for the "Worried Well." Led by Tom Richardson and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. For info, call 448-AIDS.

Thursday, November 3

- * Volleyball for men and women. Sponsored by Our River City Family. \$2.50 facilities fee. Call Paul, 447-1065, for information. Sacramento City College Women's Gym. 7-11 p.m.
- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050. 7 to 9 p.m.

Friday, November 4

- * Benefit Art Auction featuring works by more than 30 local artists. La Semilla Cultural Center, 312 20th St. Wine & cheese preview, \$2, 7 p.m. Auction, 8 p.m.

Saturday, November 5

- * Our River City Family Potluck. For information, call Paul at 447-1065. 7 p.m.
- * Sacramento Women's Rugby Club plays at Sonoma.

Sunday, November 6

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th Street. 454-4762. 11 a.m.
- * Chrysalis Neighborhood Church worship service. 3700 Y Street. 6 p.m. 736-0113 or 453-0791 for information.

Monday, November 7

- * American River College lesbian/gay students group, "Man to Man, Woman to Woman." Room D-401, Davies Hall. 1-2 p.m.
- * CSUS Lesbian & Gay People's Union open rap group. Miwok Room, University Union, CSUS. 7 p.m. Call Paul, 446-1171, for information.
- * GNIE Bingo. Mercantile Saloon. 8 p.m.

Tuesday, November 8

- * Sacramento City General Election. Polls open 7 a.m. till 8 p.m. GET OUT AND VOTE!
- * Rap group for people with Lymph Node Syndrome and CMV. Led by Kristine Belnap and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. To register, call 448-AIDS.
- * Monthly meeting of Advocates for Lesbian & Gay State Employees. Incredible Edible. 6 p.m.

Wednesday, November 9

- * Deadline for The STAR
- * NOW Lesbian Rights Task Force. Call Marcie, 921-2835 for info. 7 p.m.
- * Sacramento Lesbian/Gay Freedom Week Committee meeting. Interested people invited. Call 381-3115 for information. Incredible Edible, Alhambra and N St. 7:30 p.m.
- * Clogging for beginners, presented by Ron

Brewer and Sutter's Stompers. Call Joe 441-1959, or Rich, 448-2036, for information. Volcano Room, Coloma Community Center, 4623 T Street. 7-8:30 p.m.

* Sacramento Men's Collective open rap. La Semilla. 7:30 p.m. Call 441-1959 for information.

Thursday, November 10

- * Gay Libertarian John Vernon: "Why I am a Libertarian." Sacramento Libertarian Party Supper Club meeting, Big Yellow House, 1788 Tribute Rd. \$10. Cocktails 6-7 p.m., dinner 7-8 p.m., speaker 8-9:30 p.m.
- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050. 7 to 9 p.m.
- * Volleyball for men and women. Sponsored by Our River City Family. \$2.50 facilities fee. Call Paul, 447-1065, for information. Sacramento City College Women's Gym. 7-11 p.m.

Friday, November 11

- * Veterans' Day.
- * "11th Hour Forum" on a nuclear armistice. Keynote speaker Rep. Robert Matsui. Workshops. Sponsored by the Citizens Against Nuclear War coalition. To register, send \$5 to 903 30th St., Sacramento 95816, Attention Alexis Condy, by Nov. 5. Westminster Presbyterian Church, 1300 N St. 9 a.m.-5 p.m.
- * Davis Gay Task Force Potluck. 7:30 p.m. Call 758-2110 for place.

Saturday, November 12

- * "Non-Sexist Childrearing and Shared Parenthood" lecture by Letty Cottin Pogrebin. NOW Focus 6 lecture series. \$8. Redwood Room, CSUS. 10:30 a.m.
- * SAGA II Tennis "Big Turkey Tournament." Trailhead Park. 443-0568 for information.
- * Sacramento Women's Rugby Club at Santa Clara.
- * Irish musician Danny McGinley performs at La Semilla, 312 20th St. \$3. 8 p.m.

Sunday, November 13

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th St. 454-4762. 11 a.m.
- * Dignity Mass/meeting. St. Francis Church, 26th and K Streets. 3 p.m. 444-8939 for info.
- * Chrysalis Neighborhood Church worship service. 3700 Y Street. 6 p.m. 736-0113 or 453-0791 for information.
- * SAGA II Tennis "Big Turkey Tournament." Trailhead Park. 443-0568 for information.
- * All-Theatre Benefit for Chautauqua Playhouse Fire Fund. \$5 donation. Eleanor McClatchy Performing Arts Center, 1419 H St. 8 p.m.

Monday, November 14

- * American River College lesbian/gay students group, "Man to Man, Woman to Woman." Room D-401, Davies Hall. 1-2 p.m.
- * CSUS Lesbian & Gay People's Union open rap group. Miwok Room, University Union, CSUS. 7 p.m. Call Paul, 446-1171, for information.

- * Sheriff Robbie Waters speaks at River City Business Association dinner meeting. Public invited. \$8, proceeds to River City Community Fund. Reservations in advance to RCBA, P.O. Box 160696, Sacramento 95816. The K Street, 2000 K St. Social hour, 6:30 p.m. Dinner 7:30 p.m.
- * Sacramento Chapter, National Women's Political Caucus. Guest speaker Assemblyman Lloyd Connelly. Election of officers. Women's Building, 2224 J St. 7 p.m. 447-0129 or 456-8866 for information.
- * Slide show and discussion, "Cuba Today—Meeting the Peoples' Needs?" CSUS Professor of Social Work Manny Gale. \$1.50. La Semilla, 312 20th St. 7:30 p.m.

Tuesday, November 15

- * Capital City Squares. Downstairs banquet room, Carousel Restaurant, Arden Fair Mall. 7 p.m.
- * Parents & Friends of Lesbians & Gays Rap Group. Facilitated by Valerie Winn and Will Green. Geneva Room, Fremont Presbyterian Church, H St. at Carlson Drive. 7:30 p.m. Call 428-4348 for info.

Wednesday, November 16

- * The STAR is published.
- * Clogging for beginners, presented by Ron Brewer and Sutter's Stompers. Call Joe, 441-1959, or Rich, 448-2036, for information. Volcano Room, Coloma Community Center, 4623 T Street. 7-8:30 p.m.

CLASSIFIED

BARS

BoJangle's Disco, Scandals Lounge. BoJangle's age 18 and up. 7042 Folsom Blvd. 383-9982, 381-7311.

Power Plant. Dancing, D.J.s, full liquor. 1816 21st Street.

BOOKS

Lioness Books. Sacramento's women's bookstore. First Sacramento Women's Building, 2224 J Street. 442-4657.

COUNSELING

Joyce A. Bezazian, M.S., M.F.C.C. License #MU18198. Lesbian/gay individual/couples counseling. 2011 P St. #302. 482-9127.

FOOD

Gelati Robi. Another world of ice cream. Sun.-Thurs. 11:30 am-10:30 pm, Fri.-Sat. 11:30 am-midnight. 2317 J St. 442-7624.

Luna's Cafe and Juice Bar. 1414 16th Street. 441-3931.

Slice of Heaven Pizza. Pizza by the slice or whole, hot dogs, deli sandwiches. 2104 11th Ave. 443-3110.

HEALTH SERVICES

Harvey Thompson, MD, Sandy Pomerantz, MD. Internal medicine. 441-2636.

- * Rap group for the "Worried Well." Led by Tom Richardson and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. For info, call 448-AIDS.
- * Workshop on Sexual Harassment in Education and Employment, led by Dr. Mary Lebrato. Also, the film "Power Pinch." Sponsored by CSUS Women's Resource Center, 454-7388. Placer Room, University Union, CSUS. 1 p.m.
- * "Stress and Relaxation before the Holidays." Presentation by Vivian Rambo, R.N. NOW chapter meeting. Childcare available. Community Room, Sierra II, 24th St. and 4th Ave. 7 p.m.
- * "Nukes, Dukes, and Turkeys" poetry reading by Weatherlow Weave Poets. \$2. La Semilla, 312 20th St. 7:30 p.m.

Thursday, November 17

- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050. 7 to 9 p.m.
- * Volleyball for men and women. Sponsored by Our River City Family. \$2.50 facilities fee. Call Paul, 447-1065, for information. Sacramento City College Women's Gym. 7-11 p.m.
- * Pizza and Postal Politics. Letter-writing party sponsored by Sacramento NOW. Call

Michelle at 456-1600 for information.

Friday, November 18

- * Katharine V. Forrest, author of "Curious Wine." Reading from her works and autographing her books. Lioness Books, 2224 J St. 8 p.m.
- * Improvisational comedy by R.S.V.P. \$4. La Semilla, 312 20th St. 8:30 p.m.
- * Gloria Steinem, editor of Ms magazine, speaks on "Can Democracy Exist Without Democratic Families?" Presented by UC Davis Law School. Free admission. Freeborn Hall, UCD. 8 p.m.

Saturday, November 19

- * SDA Kinship Potluck. 455-8940 for information.

Sunday, November 20

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th St. 454-4762. 11 a.m.
- * Women In Dignity potluck. Call Alberta, 443-8084 (days) or Dignity phone, 444-8939, for time and place.
- * Chrysalis Neighborhood Church worship service. 3700 Y Street. 6 p.m. 736-0113 or 453-0791 for information.
- * Sacramento Men's Collective men-only potluck. 6 p.m. Call 441-1959 for place and directions.

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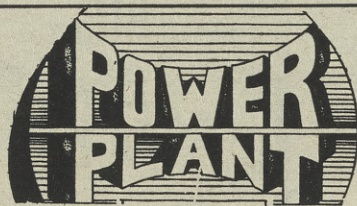
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Still to come in the Focus 6 series are Letty Cottin Pogrebin, senior editor at Ms. magazine, on Nov. 12, and Sally Edwards, triathlete and co-founder of Fleet Feet, on Dec. 3. For information contact NOW at Box 1404, Sacramento 95807. ★

A cartoon illustration of two men, one with a mustache and one with a beard and glasses, both wearing leafy crowns and standing in a field of leaves. A speech bubble above them says "FALL HAS FALLEN!".

STAR
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RESULTS

A decorative border consisting of two rows of seven-pointed stars. The top row has seven stars, and the bottom row has seven stars, all arranged in a horizontal line.

A decorative border consisting of two rows of black stars. The top row has seven stars and the bottom row has six stars, all arranged in a horizontal line.